



**ARE YOU LISTENING, OR WAITING
FOR YOUR TURN TO SPEAK?**



Listening is a practice that has fallen by the wayside. When was the last time you really gave someone your full and undivided attention?

Is it possible over the course of our evolution that as we hurry and race our way through life that this has seeped into the way we converse with others? Do we jump right in and assert ourselves because we're always short on time and require a level of immediacy with just about everything that we do? Does our ego possess a burning desire to be heard, or is there a fear of our voice never being heard at all? Are we just anticipating for our turn to speak and crafting in our minds exactly what it is we are going to say?

Listening informs our decisions so that we can make choices for what is best

for us. But what starts to happen as we age and become governed by the ego is that we lose that curiosity, that hunger, to learn more. We become set in our ways, we think we may know enough to get by and be happy. So we stop listening, or we only listen to what we choose we want to hear. We stop paying attention and close ourselves off from possibilities and opportunities. The universe sends us glaring signs and we ignore them because we think we've figured it out. As you well know, nobody does—and maybe nobody ever will. But that is what life is all about: to search, to stay open, to receive, to love, to, to connect, to grow... And to listen.



When we begin to listen with our hearts rather than our heads, our whole world changes and becomes softer.



for a simple start

TRY SITTING WITH A FRIEND AND ASKING HIM/HER TO TELL YOU ABOUT HIS LIFE AT THIS MOMENT.

For 10 minutes or more, try to listen without responding verbally, offering suggestions, or brainstorming solutions. Instead, breathe into your heart and your belly, **listening and feeling instead of thinking**. When you do this, you may find that it's much more difficult to offer advice and much easier to identify with the feelings your friend is sharing. You may also find that your friend opens up more, goes deeper, and feels he has really been heard. If you also feel great warmth and compassion, almost as if you are seeing your friend fortap the power of **listening with your heart**.



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